



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 19

MARCH 15, 1994

## Cafeteria

Mar. 14 to Mar. 18, 1994 Mar. 14 to Mar. 18, 1994

### Dinner

Mon. - Scalloped Potatoes & Ham, Veg., Dinner Bun, Bean Soup, Fresh Fruit

Tue. - Taco Salad, Dinner Buns, Fresh Fruit

Wed. - Poor Boy, Potato Salad, Salad Bar, Fresh Fruit

Thu. - French Dip, Potato Chips, Salad Bar, Tossed Salad, Fresh Fruit

Fri. - Knoephle Soup, Chicken Pattie, Fresh Fruit, Veg. Tray

Mar. 21, 1994

### Dinner

Mon. - Tater Tot Hot Dish, Salad Bar, Dinner Bun, Dessert

### Supper

Mon. - Braised Beef over Noodles, Vegetable, Salad, Dessert

Tue. - Bar-B-Que Ribs, Baked Potato, Veg., Salad, Dessert

Wed. - German Style Sausage & Beans, Salad Bar, Dinner Bun, Dessert

Thu. - Swiss Steak, Mashed Potatoes, Veg., Salad, Dessert

Fri. - BLT on Toast, Soup, Salad Bar, Dinner Bun, Dessert

Mar. 21, 1994

### Supper

Mon. - Pork Cutlets, Instant Potatoes, Corn, Salad, Apple Sauce, Dessert

## Diabetes: A Significant Health Problem

Diabetes mellitus is a chronic disease in which your body is unable to produce or use insulin properly. Insulin is needed to allow sugar from the foods we eat to be used for energy. When the body does not have or use insulin properly, blood sugar levels become elevated.

### WARNING SIGNS:

Increased hunger  
Increased thirst  
Sudden weight loss  
Often tired  
Blurred vision  
Tingling or numbness in hands or feet  
Frequent infections  
Slow healing cuts or sores  
Impotence

### RISK FACTORS:

Over age 40  
Overweight  
Family history of diabetes  
Native American, Hispanic and Black ethnic descent

Diabetes during pregnancy

### TYPES OF DIABETES:

1. TYPE I or juvenile-onset diabetes is normally diagnosed in people under 35 years of age. Heredity plays a strong role in the risk of developing Type I diabetes.
2. TYPE II or adult-onset diabetes is the most common form of diabetes. Approximately 90 percent of people with diabetes have this form of disease. The risk of developing Type II increases with age and is associated with obesity. An estimated 30,000 people in the state have Type II diabetes which is controlled with diet, weight loss, oral medication and/or insulin.
3. Gestational diabetes is normally diagnosed the 24th to 28th week of pregnancy. Gestational diabetes is controlled by diet and/or insulin and normally disappears after the pregnancy.

### DIABETES RELATED COMPLICATIONS:

Diabetes is the leading cause of end stage renal disease, lower extremity amputations and blindness. It also contributes to complications of pregnancy, heart disease and stroke.

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**DIABETES MORTALITY:**

Diabetes is the seventh leading cause of death in North Dakota and the United States.

**PREVENTION:**

Studies indicate that diet, exercise and maintaining ideal body weight reduce the risk of developing diabetes. Many complications of diabetes are preventable with early diagnosis and treatment. Primary prevention of complications includes blood glucose control and routine medical examinations.



*Jumping to conclusions  
doesn't provide nearly as  
much exercises as digging  
for facts.*

from Apple Seeds

**Cholesterol, Blood Sugar &  
Blood Pressure Screening**  
**WHERE: Skill Center, United Tribes**  
**WHEN: Tuesday, March 29, 1994**  
**9:00 am - 12:00 pm**  
**Student Screening is FREE**  
**UTTC staff \$5.00 charge for**  
**Cholesterol Screening**  
**Everyone Welcome**

*Happy Belated Birthday to....  
Sheila Lufkins*

**Recreation Weekly Activities**

Monday: Weekly Pool Tournament - 7:00 pm - TV Lounge; Swimming - YMCA - 7:00-8:00 pm, the Bus leaves at 6:30 pm

Tuesday: Bowling League - Capital Lanes - 7:00-9:00 pm, Bus leaves at 6:30 pm from gym; Aerobic - 12:00 pm Small gym; Intramural B.B. - 6:30-10:00 pm, check for games at Recreation Dept.

Wednesday: Women's League Volleyball - check your schedules or call Recreation at ext. 261 or 361 for game times. Swimming - YMCA 7:00-8:00 pm, the Bus leaves at 6:30 pm.; Aerobics - 6:00-7:00 pm in the small gym.

Thursday: SAY NO CLUB - Check for activity on SAY NO Posters, or call Paul at ext. 313 and Recreation at ext. 261 or 361.; Men's Basketball - at the State Pen, Bus leaves at 4:45 pm from the gym, all students are welcome to participate.

Friday: Gymnastics - Will be held every Friday from 7:00-8:00 pm, Bus will leave at 6:30 pm., for more info. call Recreation ext. 261 or 361.

Saturday: OPEN GYM!!! 1:00 to 10:00 pm

Sunday: JACK-POT BINGO - This activity will be on student Payday weekends, from 7:00 to 8:00 pm in small gym. Jack-pot at \$66.00 with 55 numbers. (blackout); Women's Basketball League - Check your schedules or call Recreation at ext. 261 or 361; Free Student Bowling - This activity will be held on non-payday weekends only. There will be a 3 game maximum.

**Chemical Health Center**  
**OPEN HOUSE**  
**Thursday, March 17, 1994**  
**9:00 a.m. to 4:00 p.m.**  
**Alcohol & Drug Education Materials**  
**Videos**  
**Refreshments**  
**Door Prizes!!!**  
**EVERYONE IS WELCOME!!!**

**UTTC Chapel Schedule**

Sunday 10:00 a.m. - Catholic Mass  
Sunday 12:00-1:00 p.m. - Assembly of God-Bible Study  
1:00-2:00 p.m. - Assembly of God Services  
Sunday 4:00 p.m. - Episcopal Services  
Wednesday 7:00 p.m. - Catholic Stations of the Cross  
Thursday 7:00 p.m. - Assembly of God Services  
Any questions concerning campus ministry, contact  
Rev. Mr. Edward Johnson, Dr., Chaplain for  
United Tribes Technical College at 255-3285 ext. 204

**Staff and Students:**  
**UTTC Folders now on Sale**  
**for \$1.00 each**  
**in Arrow Graphics.**  
**Please contact Terry at Ext. 296**  
**(can be use as Presentation Folders**  
**and/or Class Folders)**